

The Sprouted Kitchen: A Tastier Take On Whole Foods By Sara Forte

By Sara Forte

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A Sprouted Kitchen breakfast :: Cannelle et -

Multigrain carrot-date muffins. adapted from The Sprouted Kitchen: a tastier take on whole foods makes 12 muffins. 1 cup (250 ml) low fat buttermilk

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Cookbook review: The Sprouted Kitchen: A Tastier Take on Whole Foods Patricia Conte has a background in marketing communications and works as an independent writer.

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Sprouted Kitchen. Tags: banana, coconut, dairy free, gluten free, vegan. 1/2-3/4 cup crumbled feta cheese, to taste; Put the lentils into a large mixing bowl.

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